ROJoson PEP Talk
Patient Empowerment Program

Education for Health Development in the Philippines

January 10, 2026
1400H - 1500H
Via Zoom

Philippine National Health Awareness Calendar

Empowerment objective - for laypeople to have an essential understanding on PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR as

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Patient Empowerment Program

Education for Health Development in the Philippines

January 10, 2026
1400H - 1500H
Via Z

PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

Empowerment objective - for laypeople to have an essential understanding on PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR as part of their

Welcome all!

MUTE yourself but always show your video picture.

Sign in your name, FB account, or email address in the Chat Box! Include names of companions attending.

Use the Chat Box to ask questions and make comments while the PEP TALK is on.

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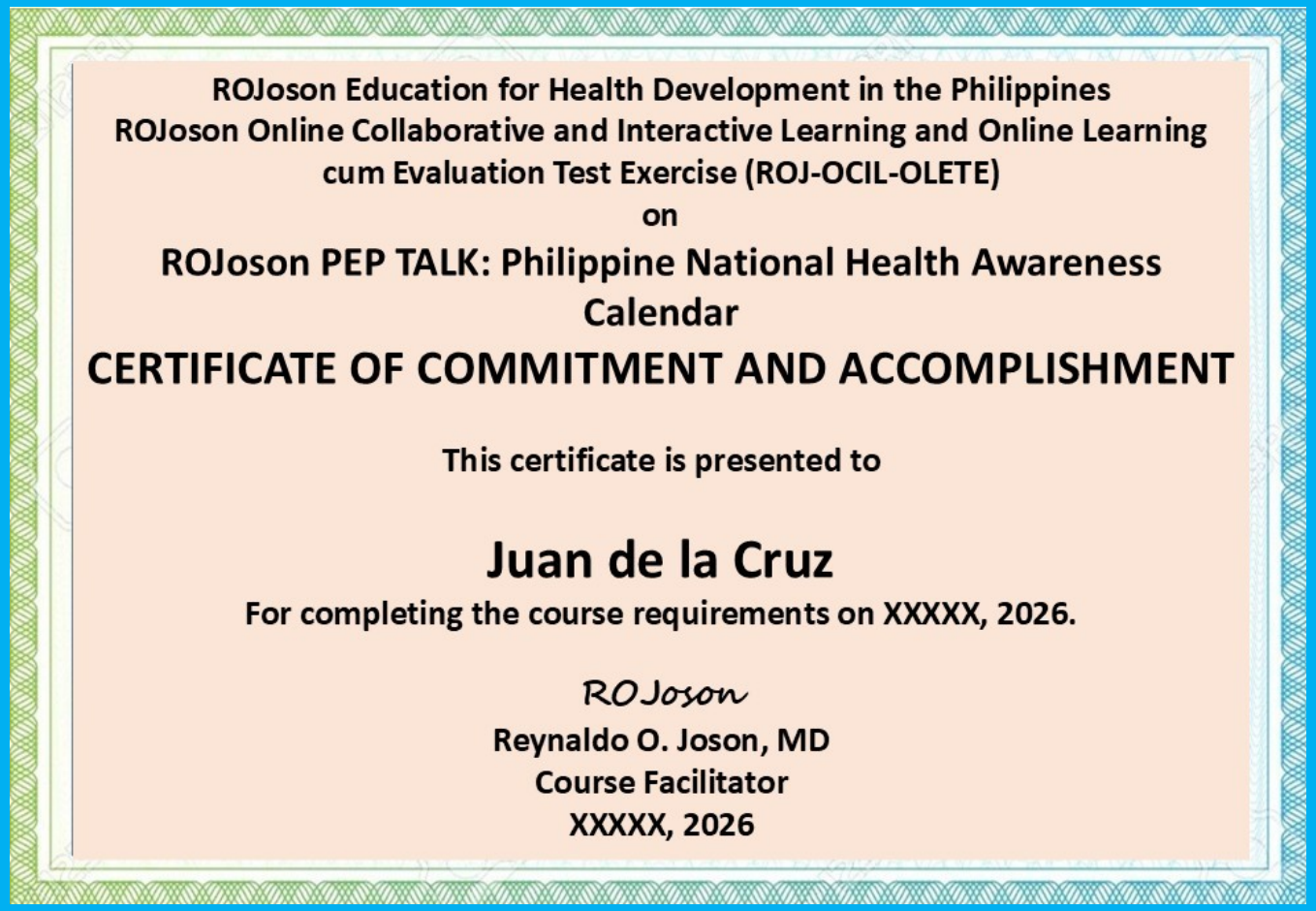

ROJoson Education for Health Development in the Philippines
ROJoson Online Collaborative and Interactive Learning and Online Learning cum Evaluation Test Exercise (ROJ-OCIL-OLETE)
on
ROJoson PEP TALK: Philippine National Health Awareness Calendar

CERTIFICATE OF COMMITMENT AND ACCOMPLISHMENT

This certificate is presented to

Juan de la Cruz

For completing the course requirements on XXXXX, 2026.

ROJoson

Reynaldo O. Joson, MD
Course Facilitator
XXXXX, 2026

Reminder after the PEP Talk:

Take the Online Learning cum Evaluation Test Exercise (OLETE) for mastery of learning and have a perfect score to get a Certificate like the one shown.

Link is in the Chat Box.

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ROJoson Medical Clinic

ROJoson Medical Consultation Voucher

This voucher entitles the holder to

one (1) free medical consultation

with Dr. Reynaldo O. Joson,
either telemedical consultation or face-to-face medical consultation.
Expiration Date:

Name of person granted this voucher: _____

A motivating award in ROJoson – Patient Empowerment Program.
(25 OLETE Certificates = 1 Voucher)
Starting 2024

Reynaldo O. Joson, MD (sgd)

Voucher to be accomplished with name and signature of ROJoson to be official.

Reminder:
25 OLETE Certificates = 1 Voucher for ROJoson Medical Consultation either Face-to-Face or

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

Empowerment objective - for laypeople to have an essential understanding on PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR as

ROJOSON'S REQUEST:

FEEDBACK TO THIS PEP TALK!

Pls. type in your feedback in the chat box during the open forum and before we adjourn!

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Empowerment objective - for laypeople to have an essential understanding on PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR as

LET'S NOW HAVE A GROUP PICTURE TAKING BEFORE WE START PEP TALK PROPER IN 2 MINUTES!

Pls. turn on your video! Show your face!

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

Empowerment objective - for laypeople to have an essential understanding on PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR as

ROJoson PEP Talk

I have a Patient Empowerment Program in which I like to empower the lay people or patients to take control in

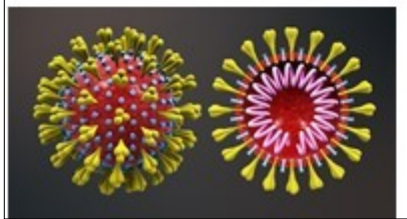
ROJoson PEP TALK
ROJoson Patient Empowerment Program

Health Disorders Courses

Health Issues Courses

Core Course

ROJoson PEP CORE Course
- Patient Empowerment Program
- Patient Management Process
- Rights in Patient Empowerment
- Staying Healthy and Contented



I started the PEP Talk on May 15, 2021 during the COVID19 Pandemic. There are 3 courses in the PEP Talk. I completed the Core Course on October 9, 2021.

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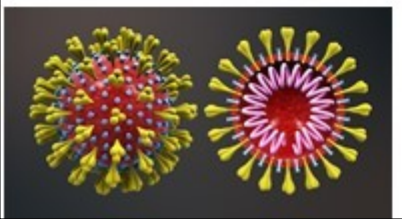
Health Disorders Courses

Sample Courses
- COVID19
- Cancer
- Breast Disorders
- Thyroid Disorders
- Skin and Soft Tissue Disorders

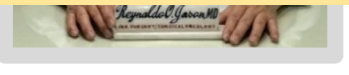
Core Course

Health Issues Courses

Sample Courses
- End-of-life Management
- Palliative Care
- Use of Supplements and Vitamins
- Patient-centered Care
- Unnecessary Operations
- Unnecessary Medications



From October 23, 2021 onwards, I have been tackling Health Disorder and Health Issue Courses.
May 17, 2025 marks the start of YEAR 5 of ROJoson PEP Talk.
How long the PEP Talk will last will depend on our <u>enthusiasm</u>, <u>discipline</u> and <u>perseverance</u>.



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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

Empowerment objective - for laypeople to have an essential understanding on PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR as

My PEP TALK today is entitled:

PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

Contents

- What is a national health awareness calendar and what are its objectives?
- What are the bases for inclusion of health topics and issues in the Philippines health awareness calendar?
- What are the essential contents of the Philippines national health awareness calendar?
- What are the benefits of knowing the Philippine national health awareness calendar?
- What are problems with the Philippine national health awareness

Disclaimer:

ROJoson PEP Talk contains ROJoson's Thoughts, Perceptions, Opinions and Recommendations (TPORs) culled from experiences of ROJoson and other

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What is a national health awareness calendar and what are its objectives?

It is a calendar set up by the department or ministry of health of a country primarily to raise AWARENESS and thereby change unhealthy behavior and mindset among its citizenry on the important health topics or issues prevalent in the country.

The other objective is to mobilize

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What is a national health awareness calendar and what are its objectives?

Each country, including the Philippines, has its own set of "Health Awareness Calendar" depending on its setting, prioritized needs and goals.

Each country has its own unique calendar and name but there may be similarities in health topics specially if there are international

There are various names used:

- **Health Calendar**
- **Health Awareness Calendar**
- **National Health Awareness Calendar**

I personally prefer:

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What is a national health awareness calendar and what are its objectives?

As a calendar, it consists essentially of publicly declared health DAYS, WEEKS or MONTHS throughout the year related to specific health conditions and issues.

Examples:

- **World Leprosy Day (last Sunday of January)**
- **Obesity Prevention and**

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What are the bases for inclusion of health topics and issues in the Philippines health awareness calendar?

The inclusion of “topics” or “health issues” in the Philippine Department of Health “Health Awareness Calendar” is usually based on awareness day legislation; global awareness days proclaimed usually by the World Health Organization or being promoted by well-established and reputable international health organizations; and lastly, the Philippine Department of Health usually

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are the essential contents of the Philippines national health awareness calendar?

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are the essential contents of the Philippines national health awareness calendar?

The DOH National Health Awareness Calendar usually

JANUARY
National Deworming Month
Schistosomiasis Awareness and Mass Drug Administration Month
Liver Cancer & Viral Hepatitis Awareness & Prevention Month
Autism Consciousness Week – 3rd week
Goiter Awareness Week – 4th week
World Neglected Tropical Diseases Day – Jan 31
World Leprosy Day – last Sunday of January

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are the essential contents of the Philippines national health awareness calendar?

FEBRUARY

- National Cancer Awareness Month
- Philippine Heart Month
- Oral Health Month
- National Health Insurance Month
- National Down Syndrome Consciousness Month
- World Cancer Day – Feb 4
- Intellectual Disability Week – Feb 14–20
- International Childhood Cancer Day – Feb 15
- National Awareness Week for Prevention of Sexual Abuse & Exploitation – 2nd week
- Leprosy Control Week – last week
- National Rare Disease Week – last week

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are the essential contents of the Philippines national health awareness calendar?

MARCH

Colorectal Cancer Awareness Month
Drowning Prevention Month
Rabies Awareness Month
National Women's Month
Philippine Digestive Health Week – 2nd week
International Ear Care Day – Mar 3
World Obesity Day – Mar 4
National Women's Day – Mar 8
World TB (Tuberculosis) Day – Mar 24

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are the essential contents of the Philippines national health awareness calendar?

APRIL

- **National Hemophilia Awareness Month**
- **World Health Worker Week – 1st week**
- **World Immunization Week – last week**
- **Head & Neck Consciousness Week – last week**
- **World Health Day – Apr 7**
- **World Malaria Day – Apr 25**

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What are the essential contents of the Philippines national health awareness calendar?

MAY

- **Cervical Cancer Awareness Month**
- **Hypertension Awareness Month**
- **Road Safety Month**
- **Safe Motherhood Week – 2nd week**
- **International Thyroid Awareness Week – last week**
- **AIDS Candlelight Memorial Day – 3rd Sunday**
- **Health Worker's Day – May 7**
- **World Thyroid Day – May 25**
- **World No Tobacco Day – May 31**

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are the essential contents of the Philippines national health

JUNE

- Prostate Cancer Awareness Month
- Scoliosis Awareness Month
- Dengue Awareness Month
- National Kidney Month
- National No Smoking Month
- Pride Month
- National Safe Kids Week – 3rd week
- National Poison Prevention Week – 4th week
- National Organ & Blood Donation Awareness Week – 4th week
- National Cancer Survivor Day – Jun 2
- World Blood Donor Day – Jun 14
- ASEAN Dengue Day – Jun 15
- DOH Anniversary – Jun 23
- International Day Against Drug Abuse & Illicit Trafficking – Jun 26

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JULY

- National Deworming Month
- Hand, Foot & Mouth Disease Month
- National Blood Donors Month
- Nutrition Month (Buwan ng Nutrisyon) – July 1–31
- National Disaster Resilience Month
- Filariasis Mass Drug Administration Month
- National HIV Prevention Awareness Month
- National Allergy Day – July 8
- National Infection Prevention & Control Week – July 11–17
- World Population Day – July 11
- National CPR Day – July 17
- World Hepatitis Day – July 28
- World Day Against Trafficking in Persons – July 30
- National Disability Prevention & Rehabilitation Week – 3rd week
- Diabetes Awareness Week – 4th week

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AUGUST

- Family Planning Month
- ASEAN Month
- Sight Saving Month
- National Lung Month
- National Adolescent Immunization Month
- National Breastfeeding Awareness Month
- Family Planning Day – Aug 1
- White Cane Safety Day – Aug 1
- National Hospital Week – Aug 6–12
- Linggo ng Kabataan – Aug 12
- Philippine National Research System Week – 2nd week
- Asthma Week – 2nd week
- National TB Day – Aug 19

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SEPTEMBER

- Childhood Cancer Awareness Month
- World Leukemia Awareness Month
- Generics Awareness Month
- Blood Diseases Month
- National Thyroid Cancer Awareness Month
- Prostate Cancer Awareness Week – 1st week
- National Epilepsy Awareness Week – 1st week
- Obesity Prevention Awareness Week – 1st week
- Alzheimer's Disease Awareness Week – 3rd week
- National Thyroid Cancer Awareness Week – 4th week
- World Suicide Prevention Day – Sept 10
- World Patient Safety Day – Sept 17
- Cerebral Palsy Awareness Week – Sept 16–22
- World Contraception Day – Sept 26
- World Environmental Health Day – Sept 26
- World Rabies Day – Sept 28

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What are the essential contents of the Philippines national health awareness calendar?

OCTOBER

- **Breast Cancer Awareness Month**
- **National Newborn Screening Week – 1st week**
- **Filipino Elderly Week – 1st week**
- **Health Education Week – 2nd week**
- **National Mental Health Week – 2nd week**
- **Bone & Joint Awareness Week – 3rd week**
- **Food Safety Awareness Week – last week of October**
- **World Sight Day – 2nd Thursday**
- **World Mental Health Day – Oct 10**
- **Global Handwashing Day – Oct 15**

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NOVEMBER

- Lung Cancer Awareness Month
- National Children's Month
- Filariasis Awareness Month
- Traditional and Alternative Health Care Month
- Malaria Awareness Month
- National Skin Disease Detection & Prevention Week – 2nd week
- Drug Abuse Prevention & Control Week – 3rd week
- National Consciousness Week Against Counterfeit Medicine – 3rd week
- National Biotechnology Week – 3rd week
- Philippine Antimicrobial Awareness Week – Nov 18–24
- Population & Development Week – Nov 23–29
- National Consciousness Day for the Elimination of VAWC – Nov 25
- 18-Day Campaign to End Violence Against Women – Nov 25–Dec 12
- National Food Fortification Day – Nov 7
- World Diabetes Day – Nov 14
- World Prematurity Day – Nov 17
- World Toilet Day – Nov 19

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are the essential contents of the Philippines national health awareness calendar?

DECEMBER

- **Firecrackers Injury Prevention Month**
- **Linggo ng Kabataan – 2nd week**
- **Ear, Nose & Throat Consciousness Week – Dec 3–9**
- **World AIDS Day – Dec 1**
- **International Day of Persons with Disabilities – Dec 3**
- **National Health Emergency Preparedness Day – Dec 6**
- **Universal Health Care Day – Dec 12**

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What are the essential contents of the Philippines national health awareness calendar?

Total of 134 health topics and issues with repetitions and overlaps.

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are the benefits of knowing the Philippine national health awareness calendar?

“Knowing” – means being AWARE at least of the contents and at a higher degree of competency, taking into ACTION information gotten, for health restoration and maintenance of oneself, family (at least) and community. And also, for the health care management of oneself and family at least (using the information such as on generic

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are the benefits of knowing the Philippine national health awareness calendar?

The national health awareness calendar can promote PATIENT EMPOWERMENT.

The 4 Ks of Patient Empowerment:

- **Kaalaman (knowledge and understanding);**
- **Kakayanan (capability);**
- **Karapatan (rights); and**
- **Kapangyarihan (self-determination).**

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are the benefits of knowing the Philippine national health awareness calendar?

OTHER BENEFITS OF PATIENT EMPOWERMENT:

- **Gaining greater control over decisions and actions affecting health.**
- **Improvement in quality in health care administered by physicians and other health care professionals because of patient-centered care.**
- **Improvement in health outcomes because of patient participation**

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are the benefits of knowing the Philippine national health awareness calendar?

- Raise awareness
- Education
- Reducing stigma
- Advocacy and fundraising
- Targeted campaigns
- Collaboration and networking
- Preventive health
- Inspiring actions

8 Reasons Health-Awareness Month Campaigns Are Important

Stephen Jordan

Oct 2023

https://www.linkedin.com/pulse/8-reasons-health-awareness-month-campaigns-important-jordan-ii-i8nae/

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are problems with the Philippine national health awareness calendar and what is ROJoson position and recommendations?

Question: How effective is the Philippine national health awareness calendar? No honest-to-goodness study yet.

From personal observation, I guess, not achieving its intended benefits to the max. But somehow helpful.

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are problems with the Philippine national health awareness calendar and what is ROJoson position and recommendations?

Anyway, despite their imperfections, health awareness calendar can no matter what raise some degree of positive awareness, especially if done year in and year out. The project can rally people to spread awareness and show support. Educational and fundraising events are often held at the times of awareness days, weeks and months to create a ripple effect of

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are problems with the Philippine national health awareness calendar and what is ROJoson position and recommendations?

A downside of the “health awareness calendar” campaign is the associated unscrupulous marketing of services and products of some, if not a lot of, health care institutions and pharmaceutical companies. For example, advertising and enticing the public

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are problems with the Philippine national health awareness calendar and what is ROJoson position and recommendations?

There are questions on validity of information being included in the awareness campaign.

There is a lot of repetitions and overlaps.

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are problems with the Philippine national health awareness calendar and what is ROJoson position and recommendations?

I, for one, am contributing to the health awareness campaign through my PEP Talk (Patient Empowerment Program) which I started in May 15, 2021.

In late 2022, I started using the DOH Health Awareness Calendar in choosing a topic to do a PEP Talk on. In 2024, I included this Calendar as one of the regular topics each year in the PEP Talk.

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Head and Neck Consciousness Week

Head and Neck Cancer Awareness

Empowerment objective - for laypeople to have a basic understanding of common HEAD AND NECK CANCERS in their health management.

My PEP TALK today is entitled:

HEAD AND NECK CANCER AWARENESS

In consonance with DOH Health Awareness Calendar - HEAD AND NECK CONSCIOUSNESS WEEK (APRIL)

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

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Patient Safety Awareness

Empowerment objective - for laypeople to have a basic understanding of PATIENT SAFETY in their health management.

My PEP TALK today is entitled:

Patient Safety Awareness

In consonance with Patient Safety Awareness Week (March) and World Patient Safety Day (September)

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

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GOITER AWARENESS

Empowerment objective - for laypeople to have a basic understanding of THYROID GOITER in their health management.

My PEP TALK today is entitled:

GOITER AWARENESS

This is my contribution to the PH DOH Goiter Awareness Week (4th week of January).

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are problems with the Philippine national health awareness calendar and what is ROJoson position and recommendations?

In the PEP Talk, I usually measure the degree of learning through an online tool (Online Learning cum Evaluation Test Exercise or OLETE which participants would take after the PEP Talk proper).

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are problems with the Philippine national health awareness calendar and what is ROJoson position and recommendations?

Whether the participants in my PEP Talk are learning or not and whether there is a behavioral health change for the better, it is difficult to determine with accuracy. At the very least, I have the OLETE results to assist me in the evaluation somehow. Then, since the participants are mostly my patients, in some, I can observe behavioral changes, if any, during follow-ups or in my continued interactions with them in social media. Some would shift from a ritualistic and maximalist

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are problems with the Philippine national health awareness calendar and what is ROJoson position and recommendations?

Despite all the imperfections of the health awareness campaign, I believe I just have to continue to ride on the health awareness campaign of the Department of Health, one, to contribute to the national efforts of improving health and two, for the welfare, at least of my very own patients (to empower my patients on

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are problems with the Philippine national health awareness calendar and what is ROJoson position and recommendations?

Aside from attending my PEP Talk, I would strongly recommend all laypeople to keep track of the DOH Health Awareness Calendar and participate in its programs.

It is very comprehensive (with overlaps and repetitions though).
It is of importance in preventive health

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

What are problems with the Philippine national health awareness calendar and what is ROJoson position and recommendations?

ADVICE:

- **Go over the list of the health topics and issues and select which ones are relevant to your needs or to your family members and community.**
- **Learn from the information published by DOH or by concerned organizations in the Internet based on the calendar.**
- **Don’t expect to learn everything in one session. But just keep on repeating, especially**

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What are problems with the Philippine national health awareness calendar and what is ROJoson position and recommendations?

On my part, I will give a list of usual health topics and issues in the DOH calendar.
You then select at least 5 topics of interest to you and to your family.
Submit to me your selected topics.
Then, I will try my best to include them in the PEP Talks this year as

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

Contents

- What is a national health awareness calendar and what are its objectives?
- What are the bases for inclusion of health topics and issues in the Philippines health awareness calendar?
- What are the essential contents of the Philippines national health awareness calendar?
- What are the benefits of knowing the Philippine national health awareness calendar?
- What are problems with the Philippine national health awareness

Summary Take Away

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

Be always in touch with reliable medical information on PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR.

Knowledge is power; it gives power.
Use the 4Ks of Patient Empowerment:
Kaalaman, Kakayanan, Karapatan and Kapangyarihan to gain greater control over decisions / make better

Take Away in relation to Patient Empowerment

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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

Empowerment objective - for laypeople to have an essential understanding on PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR as

This ends my PEP TALK today on:

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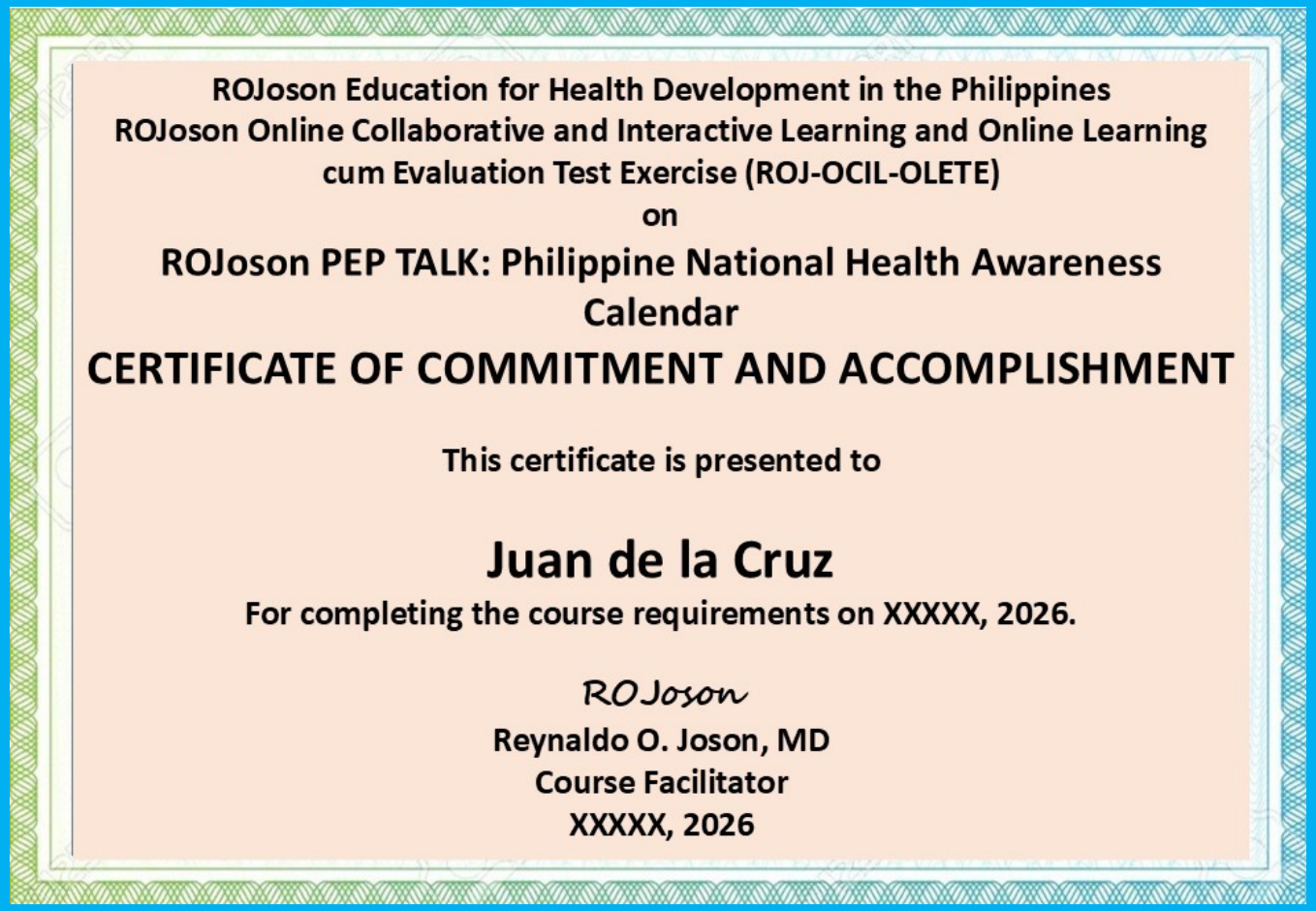

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ROJoson PEP TALK: Philippine National Health Awareness Calendar

CERTIFICATE OF COMMITMENT AND ACCOMPLISHMENT

This certificate is presented to

Juan de la Cruz

For completing the course requirements on XXXXX, 2026.

ROJoson

Reynaldo O. Joson, MD
Course Facilitator
XXXXX, 2026

Reminder after the PEP Talk:

Take the Online Learning cum Evaluation Test Exercise (OLETE) for mastery of learning and have a perfect score to get a Certificate like the one shown.

Link is in the Chat Box.

ROJoson PEP Talk
Patient Empowerment Program

Education for Health Development in the Philippines

ROJoson Medical Clinic

ROJoson Medical Consultation Voucher

This voucher entitles the holder to

one (1) free medical consultation

with Dr. Reynaldo O. Joson,
either telemedical consultation or face-to-face medical consultation.
Expiration Date:

Name of person granted this voucher: _____

A motivating award in ROJoson – Patient Empowerment Program.
(25 OLETE Certificates = 1 Voucher)
Starting 2024

Reynaldo O. Joson, MD (sgd)

Voucher to be accomplished with name and signature of ROJoson to be official.

Reminder:
25 OLETE Certificates = 1 Voucher for ROJoson Medical Consultation either Face-to-Face or

ROJoson Education for Health Development in the Philippines
ROJoson Online Collaborative and Interactive Learning and Online Learning cum Evaluation Test Exercise (ROJ-OCIL-OLETE)
on
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PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR

Empowerment objective - for laypeople to have an essential understanding on PHILIPPINE NATIONAL HEALTH AWARENESS CALENDAR as

ROJOSON'S REQUEST:

FEEDBACK TO THIS PEP TALK!

Pls. type in your feedback in the chat box during the open forum and before we adjourn!

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LET'S NOW HAVE A GROUP PICTURE TAKING BEFORE WE START Q&A AND INTERACTIONS!

Pls. turn on your video! Show your face!